



## School Fitness “Healthful Practices” In San Diego County

Dear School or Community Partner,

Childhood obesity has become a major concern for many in San Diego County. To help combat this problem, Supervisor Ron Roberts and the Coalition on Children and Weight San Diego have joined forces to host a School Fitness Summit on *March 2, 2006*. This Summit will provide school districts with the tools and resources needed to tackle the childhood obesity epidemic.

**Do you know of a healthful practice related to student fitness happening at a school or youth group in San Diego County?** We want to hear about it, no matter how big or small it may be! Many of these healthful practices will be highlighted during the Summit and shared with other school professionals to encourage healthy changes.

Please share your healthful practice by completing the attached form and returning it to the address below, fax (858-694-5375) or by email to ([sue.coffman@sdcounty.ca.gov](mailto:sue.coffman@sdcounty.ca.gov)) by **Friday, January 20, 2006**. If relevant, include any documents or pictures that help describe your program or activity.

We encourage you to forward this form to others who can share their healthful practices as well.

If you have any questions please contact Sue Coffman at 858-694-5275.

Thank you for helping us beat the childhood obesity crisis!

Sincerely,

Sue Coffman PHN III – HealthLink Program  
School Fitness Summit  
HHSA North Central Region  
6950 Levant Street  
San Diego, CA 92111